

APRIL 2016

The Spencer Senior Center and Community Center

is open Monday through Thursday

9:00 AM through 3:00 PM

Our phone number is 508-885-7546

If you need help, please call to make an appointment and I will get back to you as soon as possible.

Currently looking for volunteers for the lunch program. Lunches are available Tuesdays and Thursdays at noon.

48 hour reservation for lunch

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders.

ELDERBUS

IN TOWN TRANSPORTATION DAILY
MEDICAL APPOINTMENTS IN WORCESTER ON
MONDAY, WEDNESDAY FRIDAY.

48BUSINESS HOUR

NOTICE

1-800-321-0243



I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIAL SECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNCILOR. PLEASE CALL THE CENTER AT 508-885-7546

Members of the Council on Aging

Pamela Woodbury-Director	Joan Houston- Member
James Letendre-Chair	Janet Goff-Member
Christine Alessandro-Vice Chair	Christine Mancini-Member
Diane Johnson- Treasurer	Susan Arsenault- Member
Pat Corson-Member	Sheila Pheonix- Member

Massachusetts RMV in the Center

The RMV was looking for a way to reduce lines and waiting times at the registry so they opted to have some senior centers as host sites and ours was picked to be one.

You will be able to make an appointment and come into the center to do the following: **A Credit Card is needed**

- ◆ Renew a license (age 74 & under)
- ◆ Replace a lost or stolen placard form
- ◆ Apply for a duplicate license
- ◆ Renew a registration
- ◆ Change of address

Why wait in line at the Registry? Make an appointment and come into the center.

Monday through Thursday **9:30 AM-2:30 PM by appointment**

508-885-7546



Massachusetts
Registry of Motor Vehicles

April Meals at the Center

- 4/5/16 Pasta Bar with dessert. Your choice of toppings
- 4/7/16 Beef with Peppers and Onions/Potato/Veggie/Fruit
- 4/12/16 Beef with Jarniere Sauce/potato/veggie/Peaches
- 4/14/16 Spaghetti & Meatballs/Green Beans/Brownie
- 4/19/16 Greek Chicken/Rice/Broccoli/Yogurt
- 4/21/16 Turkey Stew/Mashed Potato/Veggies/Oranges
- 4/26/16 Veggie Chees Bake/veggies/Fruit
- 4/28/16 Baked Potato Bar with all the trimmings.

Served at 12:00 PM

You must call and sign up 48 hours before the meal.

508-885-7546. Sign up sheet is in the back of the room

May is Older American's Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. With that in mind the center will have presentations during the month

Monday, May 2 at 1:00PM Glenn Campbell movie
(This movie documents Glen Campbell's struggle with Alzheimer's disease on his last tour.)

Monday, May 9 @ 1:00PM Destressing your Life

Tuesday, May 17 at 5:30 Pasta dinner and a presentation of Preparing for Medicare (R.S.V.P Required)

Monday, May 23, @1:00PM Alzheimer's information session

Open to all. Refreshments will be served.

NEWS FROM SHINE APRIL 2016

ARE YOU TURNING 65 WITH A HEALTH CONNECTOR PLAN

People with Health Connector coverage nearing Medicare eligibility face many obligations – to enroll in Medicare in a timely way, to notify their Connector plan about their Medicare eligibility, and to cancel their Connector plan. Despite these responsibilities, people with Connector plans receive **no notice about their Medicare eligibility** unless they are auto-enrolled in Medicare because they receive Social Security cash benefits. **In addition, Connector enrollees receive no notification that their access to premium tax credits automatically terminates when they become Medicare eligible.**

These notification gaps put people in the Health Connector who are nearing Medicare eligibility at serious risk. Honest enrollment mistakes can lead to lifetime premium penalties, gaps in coverage, disruptions in access to needed care, **tax penalties and recovery, by the IRS resulting from the loss of premium tax credits** and delayed Medicare enrollment. To avoid these consequences, it is imperative that Health Connector members who are eligible for Medicare enroll in Medicare in a timely manner, notify their Connector plan about their Medicare eligibility, and cancel their Connector plan. **As always feel free to contact your local SHINE Regional Office at 1-800-243-4636 #3 if you have any questions.**

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This

program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

Please call 508-885-7546 for a SHINE appointment. We have a counselor available once a month and the appointments fill up fast.

If you are a Veteran or you are the widow/widower of a veteran, you may be missing out on valuable benefits.

Our Veteran's Agent, Tim Gagnon is available

Monday, Tuesday and Wednesday mornings.

Call 508-885-7500 Ext. 115



THAT WAS THE YEAR.....1969

President and Vice President: Richard M. Nixon and Spiro T. Agnew

Headlines:

War In Vietnam Divides Country

American Pride Surges as Neil Armstrong Walks on The Moon

Followers of Charles Manson Murder Seven in L.A. Including Pregnant Actress Sharon Tate

Senator Edward Kennedy Drives Car Off Chappaquiddick Bridge, Mary Jo Kopechne dies. Kennedy Leaves Scene.

Hurricane Camille Kills Over 400 in Louisiana, Mississippi, and Alabama

Canada Accepts U.S. Army Deserters & Draft Dodgers.

Woodstock Occurs in Upstate NY-Music, Mud, Hippies, Drugs, Remarkable Non-Violence

Golda Meir Becomes Israeli Prime Minister

Yasser Arafat Elected PLO Chairman

Political men Dwight Eisenhower, Joseph Kennedy and Everett Dirksen Die



Cost of Living

Average house: \$15,550

Sugar: 5 lbs 76¢

Average monthly rent: \$135

Gallon of Vitamin D milk: \$1.26

Average cost of new car: \$3270

Coffee 95¢ lb.

Gas: 35¢ per gallon

Bacon 76¢ lb.

Postage stamp: 6¢

Eggs: 40¢ dozen

Movie ticket: \$1.50

Fresh baked bread: 23¢ loaf

Average income; \$8,547

Life Expectancy: 74.4

Minimum wage: \$1.45 an hour

Firsts and Fads:

Wendy's® fast-food restaurant opens

Mini skirts and maxi coats

Sesame Street debuts on PBS

Tie-dyed clothing

Hershey bar now cost 10¢ not a nickel

Childproof prescription bottles



Sports:

NBA Champions Boston Celtics over the L.A. Lakers 4-3; "Broadway Joe" Namath, N.Y. Jets' quarterback

Symbolizes the era's "swinging bachelor".

World Series N.Y. Mets over the Baltimore Orioles 4-1; N.Y. Jets over the Baltimore Colts 16-7

Kentucky Derby Winner: Majestic Prince

Born:

Jennifer Lopez

Brett Favre

Bobby Brown

Jennifer Aniston

Donnie Wahlburg

Matthew McCaughney

Gwen Stefani

Emmett Smith

Matthew Perry

Tyler Perry

Catherine Zeta Jones

Deaths:

Judy Garland

Eisenhower

Sonia Henie

Jack Kerouac

Rocky Marciano

Joe Kennedy

Boris Karloff

Sharon Tate

Brian Jones

Ho Chi Min



APRIL 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 9:30 Cribbage \$1 Bakery T/B/A	5 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	6 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	7 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	8	9
10	11 9:30 Cribbage \$1 Bakery T/B/A	12 9:30 Yoga 10:30 Exercise 11:30 Wellness Clinic 12:00 Lunch 1:00 Bingo Birthday Cake	13 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	14 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	15	16
17	18 Closed Patriots Day	19 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	20 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	21 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	22	23
24	25 9:30 Cribbage \$1 Bakery T/B/A	26 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	27 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	28 9:30 Yoga 10:30 Exercise 11:30 BP clinic 12:00 Lunch 1:00 Bingo	29	Birthday Cake Provided by Quaboag on the Common the second Tuesday of the month

All programs at the senior center are funded by a Formula grant through the Executive Office of Elder Affairs